The mental cage

They say that Discipline is the key to success, and it is definitely true because if we are constant, we will eventually reach any goal, and with this text, I would like to share you some thoughts that have really changed my life, being constant and helping me to stay well at any time, even when there are bad things, and in the end, as it's said if you don't have mental health, you don't have anything, and our mind leads all the path of our lives.

1. Mental cage:

I remember that there was a time where I had a lot of homework, and I felt really stressed and disappointed of myself because I had thought that I wouldn't have time for everything, as I wanted to put a lot of detail in each, which was to feel that every work was flawless, but later I realized that I actually had time to do them if I weren't so perfectionist with everything, and I had to accept that my feelings actually weren't telling me the best to do.

What I mean by the mental cage are the thoughts or feelings that keep us from reality and trap us like in a cell, like for example when we exclude others by prejudice without justification, when we want to win an argument by our pride instead of being kind to protect the relationship, or not asking for help by thinking we can deal with everything, or me, that was obsessed with being perfect and risked to get a bad grade with it.

And actually, a curious example is with an idea that I had recently seen in a funny video, had come to my mind, and it said, as a joke, that we shouldn't worry about anything because we won't have any relevant effect in the giant universe that has ever existed; and it really calmed me instantly, but you surely are asking why, and the thing is that it was because I realized that we are the ones that give importance to things in life. I mean, just as like we could decide to not care about anything since it won't be remembered in the universe, or to work hard as it can allow us to be happy on our environment, we can decide to give more value, in my case, to meet the deadline because it's the reasonable to do, or to choose to make a "perfect" work because it calmed me mentally; and even if the physical results are different and one is wrong objectively, I felt satisfied because I originally had a distorted perception of good; and this emotional illusion that modifies how we see reality can also be noticed in many other scenarios.

And this not only applies to impulsive feelings, but also by insecurities or frights that are senseless, like being scared and loosing an opportunity to do something we wish, or settle with bit fixing something, like a relationship, by thinking that we'll be

judged and feel shame; not considering all the good things that these actions would give.

Finally, a summary about this idea is that the entire world isn't more that we can sense and think of it, and the world and mind of a dog, for example, wouldn't be the same that ours, and we actually have the big advantage of being able to stop our immediate instincts and reason about the world, but there are times where our feelings don't let us think, so try to remember that all our thoughts like limitations or fears are just constructed by our minds, so try to find new exits of the labyrinth of our minds.

2. Find the good side of things:

Just like we can be aware of the real consequences of our actions instead of being blind by our feelings, we can also modify what we feel and think about the world.

For example, if we are getting through a bad day, be it for we are uncomfortable, annoyed, disappointed, sad, or anything, we should try to not lament or relive those bad feelings even if swearing lets us feel like the victim or blame others, because this would be falling again in the mental cage of our impulses; we should find how to be grateful and focus in the benefit or at least in the least bad, even it seems dumb to say: "well, at least we learned to not repeat that error", because we don't look for being intelligent, we look to enjoy times and especially to not do bad things or hurt, because we may create wounds that won't heal in years, and everything just because of a day of bad luck; and I know that it's never easy to ignore unfair things, or feel frustrated and regret by things that were close to perfect, but the best is to make of things, and if we can't, to not give up or damage things.

Take for instance watching a horror movie with pop music... It wouldn't be so scary, right? So the tone or attitude that we have for things also changes how we view them.

Something that helps me to do it is to think: "ok, I didn't do what I wanted to today, but hey, let's not do worse than before, we have already achieved a lot, and tomorrow it may be better; not every day has to be perfect, so let's not screw everything just by a bad try"

Being positive isn't being unconscious, it's to choose to suffer less and keep advancing.

Gratitude: I would say that this is our most powerful tool to keep forward and in the track of our lives at any time or situation, because, also as an example how to avoid the mental cage, it's true that many times we just focus in what bothers us, and don't care for what remains positive, but remembering our achievements and goals gives

us the best fuel. And also, I think that this is one of the best tricks to be consistent with our projects and routine no matter what, because it allows us to think in the whole way we have passed and what do we want to do, instead of the short-term emotions that we have if we just see the present. So it's like a weapon against the unstable and fast present.

So remember, have your goals and past always present, even if they are just short term, so that you can resist anything and keep working on them.

Think outside the box:

3. The past is past:

Something that is also really common to me is that I have my mind busy and blocked constantly just considering my next actions and regretting for every single thing I could have done better, which makes our confidence and focus be very fragile to distraction, and I know it sounds dumb, but I often don't notice that I'm being so anxious, but what helps me to confront it id to just think: "We can't change the past, but the best solution is to try to do better in the present", and I know that it sounds really hard to apply, because there are times when we get a lot stressed because the error causes a lot of bad things or problems, but as my aunt used to say: "If something has a solution, then why would you worry?, just do your best; and if it doesn't, why would you feel bad?, not you or anything can fix it.", and that's really true, because we can only accept what we can't change.

And also it's very hard to try to accept and overcome things if we think that we have already given up or that everything's lost, but in reality, what do we loose by just trying? So for me it's never late or a bad time to try to change and improve, and it also doesn't matter if we start little, because it'll always be positive.

4. Find the equilibrium:

I know that all of these ideas just seem to be unrealistic, and that we will probably forget them after a while, because, with all that life has, how would they be the solution to everything? And it's true, we can't have a plan for all in life, but like in the last idea, it's never too late to correct ourselves, and as well, neither we or our lives can be perfect, but even if we try to use that mentality for a single day, it'll always add to our lives.

Try to keep writing, as that way the ideas will come naturally and you'll be able to organize them

- Mental cage (all problems or achievements are your perception, and we tend to oversize them compared to their importance in our lives.)
- "The most important isn't what we say, but instead, how do we say it"

- Think behind feelings to be happy, remember your context, as our emotions have a really bad memory (There's no really more than we can feel, except what we believe or imagine about it)
- The objective best that we can do is to see the positive side of things and overcome them without regret or renchor.
- The bad is more remembered than the good
- There are no absolute rules about anything, and we are free to relate our actions and belief as we qant
- Life can change after a speech, so try to be consistent
- No one or nothing is perfect, and there would theoretically be a way to improve it, but that doesn't mean that you shouldn't improve it as you can
- Even if things are really negative, there's no reason to not try to get them better
- We only have one life for sure,and there's no reason for not enjoying it, even if we think that there's no objective, as we are the ones that put it.